

THE GEORGE WASHINGTON UNIVERSITY
WEIGHT MANAGEMENT PROGRAM

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**GWU WEIGHT MANAGEMENT PROGRAM
DIETITIAN OFFERS 10 "NUTRITIONAL NUGGETS"
FOR NATIONAL NUTRITION MONTH**

WASHINGTON, DC—Kathy Glazer, M.S., R.D., L.D., a dietitian at the George Washington University Weight Management Program, is doing her part to celebrate **National Nutrition Month (March)** in a constructive fashion.. She has compiled a list of 10 foods that have good nutritional value and are relatively low in calories for people to try and incorporate into their daily eating patterns.

According to Glazer, there are degrees of value and benefit to any single food. For that reason, these items are listed alphabetically, since none is "better" than the other and none should displace everything else in your diet. It is not by any means a complete list of so-called "good" foods, Glazer says, but folks have to make choices every day and these are among the better ones you can make.

- 1) Blueberries.** Blueberries (fresh or frozen) contain a number of antioxidants, including anthocyanins, which give the berries their deep blue color. The antioxidants may be helpful in lowering bad cholesterol, blood fats and blood sugar levels. They're relatively low in calories, high in fiber and provide a modest amount of vitamin C.
- 2) Ground Flax seed and flax seed oil.** Flax seed contains generous amounts of ALA (alpha linoleic acid), a form of omega-3 fatty acid. Omega-3 fatty acids may be helpful in decreasing the risk of heart disease. Flax seed (but not the flax seed oil) also contains fiber and the antioxidant/phytoestrogen substances found in lignans.
- 3) Legumes and beans.** Black beans, lentils and garbanzo beans contain soluble fiber which may lower cholesterol and improve insulin resistance. Legumes are typically low in fat, a good source of protein, and are high in folate, potassium, iron and magnesium.
- 4) Oatmeal.** Oatmeal is a whole grain and a great source of B vitamins and minerals. It has soluble fiber which is thought possibly to lower cholesterol.
- 5) Olive oil.** Olive and canola oils are high in monounsaturated fat, a much safer form of fat than the saturated fat of animal foods and tropical oils (palm or coconut). It's better to use the monounsaturated oils in cooking and baking instead of the saturated, hydrogenated or trans fat of shortening or margarine.

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6) Salmon and other fatty fish such as herring, blue fish and trout. Fish contain two types of omega-3 fatty acids and generous quantities of high quality protein. Omega-3 fatty acids may reduce blood levels of total cholesterol, bad cholesterol and triglycerides and decrease the stickiness of blood-clotting platelets.

7) Soy protein. Soy, available in forms such as edamame, soy milk and tofu, provides relatively high quality protein with fiber, and vitamins and minerals. It can contribute to the lowering of blood cholesterol.

8) Spinach. The dark color of spinach is caused by the phytochemicals, which are thought to be cardioprotective.

9) Walnuts and other nuts. Walnuts are high in omega-3 fatty acids. Various other nuts have vitamins and minerals, unsaturated fats and fiber.

10) Wine: red wine and red grape juice. One or two daily glasses of red wine or grape juice is associated with a decreased risk of cardiovascular disease. This is possibly due to the presence of resveratrol and the antioxidants in the red grape skins.

The George Washington University Weight Management Program, under the direction of Dr. Arthur Frank, has been affiliated with the George Washington University Medical Center since 1988. It is a comprehensive, medically-managed weight loss and weight maintenance program whose staff provides medical care, nutrition counseling and classes, psychological and behavioral counseling as well as exercise therapy for adults dealing with the disease of obesity.